



Wellness Matters

March/April 2010

The wellness newsletter of the Scantic Valley Regional Health Trust

HEALTHY HAPPENINGS

Colonoscopy Screening

Incentive Program

Do you know that a colonoscopy is the one preventative screening that can actually save your life?! Only 48% of Scantic Valley Regional Health Trust's age-eligible members have had their colonoscopy. Have you scheduled yours?

Here is some incentive:

The SVRHT Wellness Program will award a \$100 gift card to the first 12 people who schedule their first routine colonoscopy. Simply call or write your Wellness Coordinator, Amy Higgins, to say "I have scheduled my colonoscopy". Once you have had the screening you will verify that it has been completed and your gift card will be mailed to you. You will not provide any personal information and your employer will not be notified whether you do or do not participate in this voluntary program.

SELF CARE YOGA

With Kate Forest

Wilbraham Middle School Library

10 Wednesdays

Beginning March 17 (no class 4/21)

3:45pm-4:30pm

Make \$60 check payable to the *Scantic Valley Regional Health Trust*. Send checks by March 15

to Longmeadow HR Office attn: Amy Higgins,
735 Longmeadow St., Longmeadow, MA 01106

ZUMBA

Minnechaug HS small cafeteria

8 Wednesdays beginning April 7

4:30-5:15pm

Make \$48 check payable to the *Scantic Valley Regional Health Trust*. Send checks by April 2 to:

Longmeadow HR Office attn: Amy Higgins,

Nutrition 101

Wilbraham Town Hall

Selectman's Meeting Room

Tuesday, March 16, 4:30-5:30pm

Want to know what a calorie is and how to make healthier food choices? Not sure how much fat, carbohydrate and protein to eat? Jen Fournier, Registered Dietician will cover these topics and many more. All participants will receive a free insulated lunch bag for attending the session.

MARK YOUR CALENDAR!

East Longmeadow Employee Benefits Fair

Tuesday, April 6, 1-5pm

Longmeadow Employee Benefits Fair

Wednesday, April 28, 1-5pm

Learn about your benefits, pick up health information and take part in a number of screenings.

Coming in May:

- Beginner Running Program
- Fitness 101 seminars

This newsletter has 2 pages.

PROGRAM REGISTRATION

Contact Amy Higgins, Wellness Coordinator, at 323-4309 or amyhiggins2003@yahoo.com.

March is National Nutrition Month AND National Colonoscopy Awareness Month

Did You Know That a Colonoscopy Can Save Your Life?

Colorectal cancer is cancer of the colon or rectum. It is equally common in men and women. An estimated 146,970 people will be diagnosed in 2009, and an estimated 49,920 people will die from the disease. With recommended screening, this cancer can be prevented (by removing polyps before they become cancerous) or detected early, when it can be more easily and successfully treated.

Who is At Risk?

- Men and women age 50 and older
- People who use tobacco, are obese or are sedentary
- People with a personal or family history of colorectal cancer or benign (not cancerous) colorectal polyps
- People with a personal or family history of inflammatory bowel disease, such as long standing ulcerative colitis or Crohn's disease
- People with a family history of inherited colorectal cancer

Risk Reduction

- Be physically active and exercise regularly.
- Maintain a healthy weight.
- Eat a high-fiber diet rich in fruits, vegetables, nuts, beans and whole grains.
- Consume calcium-rich foods like low-fat or skim milk.
- Limit red meat consumption and avoid processed meats.
- Don't smoke.
- Don't drink alcohol excessively.

Early Detection

If you are at average risk for colorectal cancer, start having regular screening at age 50. If you are at greater risk, you may need to begin regular screening at an earlier age. The best time to get screened is before any symptoms appear.

(Information provided by the Prevent Cancer Foundation...<http://www.preventcancer.org/>)

Helpful Nutrition Resources:

<http://www.mypyramid.gov/index.html>

<http://www.fruitsandveggiesmatter.gov/index.html>

<http://www.nal.usda.gov/fnic/foodcomp/search/>

Amy's Nutrition Newsletter Picks:

<http://www.cspinet.org/nah/index.htm> (Nutrition Action)

<http://www.tuftshealthletter.com/>

<http://www.wellnessletter.com/>

Not All Fats Are Created Equal



Not only do trans fats raise your bad cholesterol and suppress your good cholesterol--they're more fattening! Researchers found that trans-fat fed monkeys gained more weight than a control group even when total dietary calories were controlled. Plus, the trans-fat monkeys ended up with dramatically more belly fat.

All municipal employees in Hampden, Wilbraham, HWRSD, Longmeadow, East Longmeadow and LPVEC may participate in any of the programs listed

in any location. Family members and friends are also invited to participate.

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Scantic Valley Regional Health Trust